

# Preparing for Pandemic Flu

## A 5-Week Plan

for Obtaining Groceries, Personal Care Items, Medications, and Supplies



### Week 1

#### GROCERY STORE and PHARMACY:

- ☐ 1 gallon water
- ☐ 1 jar peanut butter
- ☐ Hand-operated can opener
- ☐ 1 large can juice
- ☐ 1 can meat
- ☐ Aspirin or non-aspirin pain reliever
- ☐ Pet food, pet medications
- ☐ Prescription/non prescription medication for all family members i.e., fever reducer, cough and cold preparations
- ☐ Also, extra medications or prescriptions marked "emergency use."
- ☐ Waterless hand soap (at least 60% alcohol)
- ☐ Baby food, wipes, diapers (for emergency use)

#### HARDWARE STORE:

- ☐ 2 flashlights with batteries
- ☐ Matches in waterproof container
- ☐ Duct tape
- ☐ Permanent marking pen

### Week 2

#### GROCERY STORE and PERSONAL CARE ITEMS:

- ☐ 2 gallons water
- ☐ 2 cans fruit
- ☐ 2 cans meat
- ☐ 2 cans vegetables
- ☐ Name and address book for important contacts
- ☐ Personal Hygiene Products
- ☐ Toilet paper
- ☐ Toothbrush and tooth paste

### Week 3

#### GROCERY STORE:

- ☐ 1 gallon water
- ☐ 2 cans soup
- ☐ 1 can fruit
- ☐ 1 can vegetables
- ☐ Disinfectant (one capful of bleach per gallon of water)
- ☐ Liquid dish soap
- ☐ Household bleach
- ☐ 1 box heavy-duty garbage bags

#### FIRST AID SUPPLIES:

- ☐ Latex gloves
- ☐ Thermometer
- ☐ Liquid antibacterial hand soap
- ☐ Disposable wipes

### Week 4

#### GROCERY STORE and PHARMACY:

- ☐ 1 large can juice
- ☐ Large plastic food bags
- ☐ 3 rolls paper towels
- ☐ 2 boxes quick energy snacks
- ☐ Medicine dropper
- ☐ 2 cans fruit
- ☐ 2 cans meat
- ☐ 2 cans vegetables
- ☐ 2 packages eating utensils
- ☐ Dried fruit/nuts
- ☐ 1 package paper
- ☐ Disposable cups, plates and tableware

#### HARDWARE STORE:

- ☐ Battery-powered radio
- ☐ Wrench(es) needed to turn off utilities
- ☐ Waterproof portable plastic container for important papers

### Week 5

#### GROCERY STORE and PHARMACY:

- ☐ 1 box graham crackers
- ☐ Dry cereal
- ☐ 1 box quick-energy snacks
- ☐ Comfort foods (such as cookies, candy bars)

#### HARDWARE STORE:

- ☐ Extra flashlight/batteries
- ☐ Extra battery for portable radio

**NOTE:** As food items and medications become dated; rotate them out of storage, use them, and replace them with current items.

**For more information regarding pandemic flu, go to:**

[www.lincoln.ne.gov](http://www.lincoln.ne.gov)

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